

Indoor Time Log Worksheet

Morning:	7:00
	7:30
	8:00
	8:30
	9:00
	9:30
	10:00
	10:30
	11:00
	11:30
Afternoon	12:00
	12:30
	1:00
	1:30
	2:00
	2:30
	3:00
	3:30
	4:00
	4:30
Night:	5:00
	5:30
	6:00
	6:30
	7:00
	7:30
	8:00
	8:30
	9:30
	10:00
10:30	
11:00	
Notes:	

Teacher's copy!

Example of entries for Log Worksheet

Indoor Time Log Worksheet

Morning:	7:00	Got out of bed at home	
	7:30		
	8:00	At school	
	8:30	"	
	9:00	"	
	9:30	"	
	10:00	"	
	10:30	"	
	11:00	"	
	11:30	"	
	Afternoon	12:00	Lunch & recess
12:30		"	
1:00		Back inside school	
1:30		"	
2:00		"	
2:30		"	
3:00		Leaving school	
3:30			
4:00		Home going to play outside	
4:30		"	
5:00		"	
5:30		"	
Night:		6:00	Dinner at home
		6:30	"
	7:00	Homework	
	7:30	"	
	8:00	Watch TV	
	8:30	In bed	
	9:30	"	
	10:00	"	
	10:30	"	
	11:00	"	
	Notes: Sleeping in house until 7:00 am. Indoors a total of about 19 hours!		